

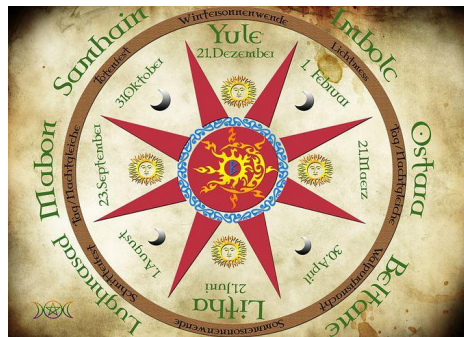
**The Cup, Cat & Cauldron©
Magazine**



**The Cup, Cat
& Cauldron**

Owner: Greenlee Robertsdottir (Andrea Van Scoyoc)

Published in accordance to the Year Wheel



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A FREE publication, sharing the knowledge of the Ancients...and a few things we modern folk have picked up along the journey.

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A Letter From The Editor...

It's that time of the year again! Oh yes, that time when we hear the whisper of the wind through dry, crunchy leaves, fires in a warm hearth comfort is against chilly days and nights, the smell of EVERYTHING pumpkin fills the air and hot cocoa is just a sip away.

It is because of my love of those time of the year, a time I've been drawn to since my first memories, that I chose Mabon for the debut of this issue.

So, grab your favorite pumpkin, share some cocoa, kick back by the hearth and enjoy a walk through time and the ways we hope will never fade away ...

Blessings & Gentle Breezes...

Greenlee





A Garden Can Bloom Anywhere...

By: Greenlee Robertsdottir

I live in Central Florida and Central Florida is known for not having dirt or soil.

We have what's called, "sugar sand," aptly named because if you pick it up and run it through your hand, it's like finely ground sugar.

Not conducive to growing any type of garden.

So...myself and many others have become a little crafty and we utilize container gardening. I just call it, "putting everything in pots."

I buy good, healthy soil and plant my goodies and then, when I can, when I think they'll make it, I dig a hole and transplant to make way for new container pots.

I have my one Basil plant I managed to save (Basil is my favorite herb) and my two Rosemary plants. My Thyme didn't make it, but that's okay. My Turmeric has come back and my Thai Marigolds have taken off like surfing waves!

It's amazing what a little love, a little luck and LOTS of air con water can do...even when things seem hopeless.

Hills, Haints & Hollers...

A little wisdom from our fellow Mountain Folk



These glimpses into "Mountain Life," were submitted by reader,
Mary Ann.



A cat eating grass or an owl hooting during the day foretells rain.

If you dream of muddy water, you will have a bad week.

If you tell your dreams before breakfast, they will come true.

(Editor's Note: My mother **SWORE** by this!)

If you drop your comb, step on it to ward off bad luck.

Always leave a house through the same door you entered or you
and the host will have bad luck.

A falling broom foretells of company.

Do not cut a baby's fingernails before the child is a year old or
that child will grow up to be a thief.



Enjoy these?

Look for more in the Samhain issue!



The Mist...

Like the opening in a wood, shrouded in fog and when the world is new, but with an unbreakable bond with the Ancients, these stories & memories whisk us back to times long ago...but right within our grasp...

Submitted by Rev. Patricia Hutchinson



I go back to times when I was younger. England was still in recovery from the war, but even so, there was a joyful energy full of promise and excitement that engulfed you walking down the road or going in a store people smiled said "hello" and there was a feeling of belonging... that each person shared an appreciation of Mother Earth who sustains us in every way.

People took time to just appreciate the beauty of a flower...the magnificence of a tree.

Just being immersed in nature was so fulfilling, connecting with the Earth energy being in rhythm with Mother Nature felt so healing to the body and the connection of being one with everything.

I look back at today's time and the connection of being one has changed greatly.

The connection to our phones constantly... computers TV has not only distanced ourselves from each other but the biggest distance is from mother Earth

When do we wake up from this malaise that we have been in whilst others destroy everything around us...

Wake up! Wake up! Open your heart chakra go back to the right path of awareness of everything around you.

Say, "hello" to somebody today and see how it makes you feel. Imagine if you were that one person having a really bad day and living a very lonely life and somebody said "hello" to you and smiled.

Would you not feel better? Would you not want to share that feeling?

It would be a simple start but could change our world.

We would feel again... care again... heal again ...

How amazing that a simple "hello" could do all that.

WE HAVE TO START SOMEWHERE!

Join me on this simple Quest of Awareness.



Are you ready to be the change? Join our Crusade and let us know what you've done and how it made you feel...



See you at Samhain!

Yes...it's also a new year. The Celtic New Year, which has its own mystery and historical importance, not only in folklore, but for those of us who live by the old ways.